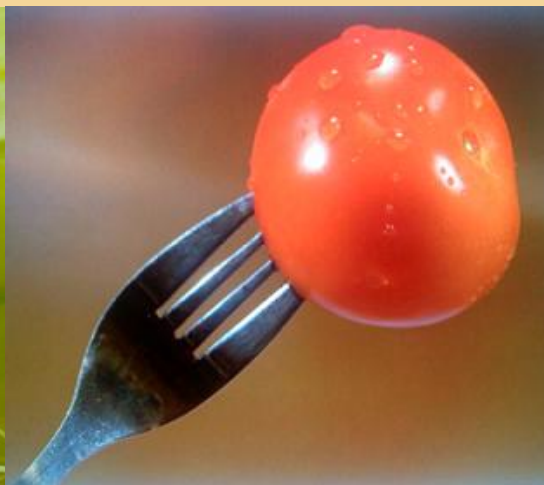




# *Greens and Beans*



*Delicious and Nutritious Meat Free Meals in a Relaxing, Stress Free Environment, Serving both the All the Time and Sometimes Vegetarians*

23<sup>rd</sup> Street Oakland, California 94606

# Salads Appetizers

## Double Tomato Bruschetta.....\$4.50

"A classic Italian starter served on a warm, toasted baguette and topped with fresh mozzarella cheese, tomatoes, and basil"



## Utica Greens and Beans.....\$8.50

"A classic Italian dish that gets its origins all the way from Utica, NY this dish combines cooked escarole, garlic, Italian long hot peppers, beans, and Romano cheese topped with Italian breadcrumbs."

## Baked Tortilla Chips with Homemade Salsa and Guacamole....\$4.95

"Baked tortilla chips offer a healthier alternative to fried tortilla chips. Served with our homemade fiery salsa and creamy guacamole from local California avocados"



## Chilled Gazpacho....Bowl \$3.00...Cup \$2.50

"A zesty chilled Spanish soup filled with farm fresh vegetables, perfect for cooling off during Oakland's hotter days"

## Soup of the Day...Bowl \$4.50... Cup \$3.50

Ask your server about our homemade soup special served with a French baguette!!

## Light and Tasty Black Bean Quesadilla...\$6.95

"A southwestern delight filled with savory black beans, corn, tomatoes, and spicy peppers. Made light with reduced fat cheddar cheese and served in whole wheat tortillas. Served with a side of fresh salsa and sour cream"



### Ultimate Greek Salad...\$8.75

“Juicy plum tomatoes, crisp cucumbers and red onions on a bed of fresh romaine lettuce topped with crumbled feta cheese and kalamata olives. A traditional favorite from Greece tossed with our homemade olive oil and red wine vinegar dressing”

### Avocado Salad with Ginger and Peanuts...\$7.95

“Creamy, California avocado slices sprinkled with chopped, roasted peanuts and garnished with cilantro and fresh ginger. Served with a sweet ginger dressing”

### Sweet potato and Quinoa salad...\$7.50

“A southwestern blend of tender, cooked quinoa with sautéed sweet potato, red bell pepper, and minced onion. Tossed with a dressing of extra virgin olive oil and red wine vinegar”

### Black-eyed Pea Salad...\$7.25

“Savory black-eyed peas with crunchy chopped celery and onion, tossed with reduced fat olive-oil mayonnaise and fiery cayenne pepper. Served chilled and excellent for hot summer days”

### Fresh Corn, Avocado, and Edamame Salad...\$8.25

“Sweet fresh corn and savory soy beans tossed with chopped California avocado, cilantro and our homemade spicy salsa. A southwestern favorite!”

## *Entrees: "Comfort Foods"*

### Vegetarian Lasagna...\$10.25

“Hearty whole wheat lasagna with sautéed vegetables, low-fat cottage and parmesan cheese for a true Italian taste!”



### Baked Macaroni and Cheese...\$6.75

“An American favorite with a healthy twist. Whole wheat macaroni, spinach, low-fat milk, and cottage cheese baked with reduced-fat cheddar cheese makes for a delicious, home-style classic. Sprinkled with fresh parmesan cheese and topped with red cherry tomatoes”

### Vegetarian Chili...\$7.95

“A spicy bowl of brightly sautéed bell peppers, corn, onions, chipotle, and juicy tomatoes. Prepared with savory kidney beans and black beans and fired up with a blend of spices. Served with corn bread”

### Pasta Fagioli...\$6.50

“A traditional home-style Italian soup, filled with hearty cannellini beans, cheese, and vegetables in a tomato-based broth”

### Pasta with Parsley Walnut Pesto...\$10.50

“A delicious taste of Italy! Tender whole wheat penne pasta tossed with our homemade parsley walnut pesto, fresh red cherry tomatoes, and sprinkled with freshly grated parmesan cheese”



## Entrees: Vegan

### Spaghetti with Broccoli Rabe...\$10.25

“Whole grain spaghetti, served al dente and tossed with sautéed broccoli rabe, black olives, crisp red and yellow cherry tomatoes, cannellini beans, and a delectable garlic sauce for a simple, yet delicious Mediterranean flavor filled meal”

### Paella with Tomatoes (Paella con Tomatoes)...\$7.50

“Tender Spanish rice with pan-roasted tomatoes, and a blend of fiery Latin spices that make it feel as though you are South of the Border yourself! Sprinkled with fresh parsley and a pinch of saffron threads”



### Vegan Stuffed Peppers...\$7.25

“Fresh, sweet green or red bell peppers filled with rice, onion, celery, corn, and tomatoes. Topped with savory kidney beans and fresh basil leaves”

### Sweet Potato Gnocchi...\$9.95

“Homemade, slow baked sweet potato dumplings served in a sweet, maple brown butter sauce. A tasty twist on a classic Italian pasta dish”

## Entrees: Sandwiches

All sandwich entrees are served with your choice of sweet potato fries or garlic mashed potatoes.



### Grilled Eggplant Burger...\$8.95

“A unique, healthy twist on a classic ‘American Burger’, this dish uses delicious grilled eggplant as a bun and is piled high with sautéed peppers, mushrooms, and mozzarella cheese”

### Greek Wrap...\$6.95

“For those craving something Mediterranean, this wrap is filled with feta, diced tomatoes, olives, squash, onion and cucumber with a homemade Greek dressing”

### Chickpea Burger...\$7.25

“Forget about those regular boring veggie burgers, this chickpea burger is grilled and served on a fresh whole wheat bun with crisp, fresh spinach leaves, tomato slices, sweet red onion, and savory avocado slices. Served with your choice of toppings”

### Sweet Pepper Sandwich...\$8.75

“Sautéed bell peppers and onions served on a whole wheat bun along with fresh mozzarella cheese, tomato, and your choice of dressing”

## Entrees: Tofu

### Tofu Parmesan with Whole Wheat Spaghetti...\$10.25

“A vegetarian version of a classic Italian dish. Pan fried breaded tofu topped with sweet tomato sauce and mozzarella and parmesan cheese that will melt on the tofu and in your mouth!”



### Caribbean Grilled Tofu Kabobs...\$8.00

“A delicious grilled skewer of tofu, green peppers, yellow squash, zucchini, and red cherry tomatoes, marinated in a chili-and-lime mix. Served with freshly sliced sweet pineapple rings and whole grain rice. A great taste of the Caribbean!”

### Vegetable and Tofu Stir Fry...\$8.50

“A traditional Asian dish of sautéed vegetables simmered in soy sauce, honey, and rice wine vinegar with pan-fried tofu and served over whole grain rice”

### Bulgur, Lentil & Tofu Casserole...\$9.50

“A delicious blend of spicy lentils, sautéed tofu, baked with carrots, onions, corn and bulgur”

## Children's Menu

### Gluten-Free Veggie Pizza...\$5.25

“For those in need of a gluten free option, this personal sized pizza is topped with savory tomato sauce, shredded mozzarella cheese, green peppers, olives, and broccoli”

### Peanut Butter and Apple Sandwich...\$2.95

A new and healthy twist to a classic lunchbox sandwich, served on toasted whole wheat bread with delicious red apple slices from local farmers markets and creamy peanut butter”

### “Mini-Mac”...\$3.50

“Our classic homemade macaroni and cheese served in a miniature portion for our younger guests”

### Grilled Cheese with Tomato and Sprouts...\$3.75

“Traditional grilled cheese on whole wheat bread stuffed with delicious, fresh tomatoes and sprouts”



# Sides

Fried Bean Sprouts...\$5.50

“Crisp bean sprouts lightly coated and gently stirred in hot oil for a healthy alternative to French fries. A great Thai vegetarian dish!”

Fruit Cup....\$3.95

“Cut up cantaloupe, honeydew, strawberries, blueberries, and sliced bananas”

Sweet Potato Fries....\$2.25

Brown Rice....\$2.00

Cornbread...\$1.50

Garlic Mashed Potatoes....\$2.25

House Salad....\$3.50

“Sliced tomatoes, cucumbers, carrots, and onion over a bed of fresh mixed greens with choice of dressing”

Dressings....Italian, Balsamic Vinaigrette, Ranch, Raspberry Vinaigrette, Olive oil and Vinegar, Greek

Mixed Vegetables....\$3.95

“Steamed cauliflower, broccoli, carrots, and pea pods”



# Beverages

Milk (fat free).....\$1.25

- Regular
- Chocolate

Soy milk (plain).....\$1.75

- Regular
- Chocolate

Lemonade and Limeade.....\$2.50

Iced tea-unsweetened....\$2.50

Juice....\$1.50

- Apple
- Orange
- Cranberry

Add sparkling water to make “soda”....50¢

Coffee and hot tea.....\$2.00

“Black tea, green tea, white tea, raspberry, blueberry, blueberry-green, lemon”



Smoothies.....\$3.95

- Strawberry-banana
- Peanut butter and chocolate
- Mixed berry
- Super smoothie (with spinach, kale, strawberries, orange juice, and fat free vanilla yogurt)

***Thank you for choosing Greens and Beans!***